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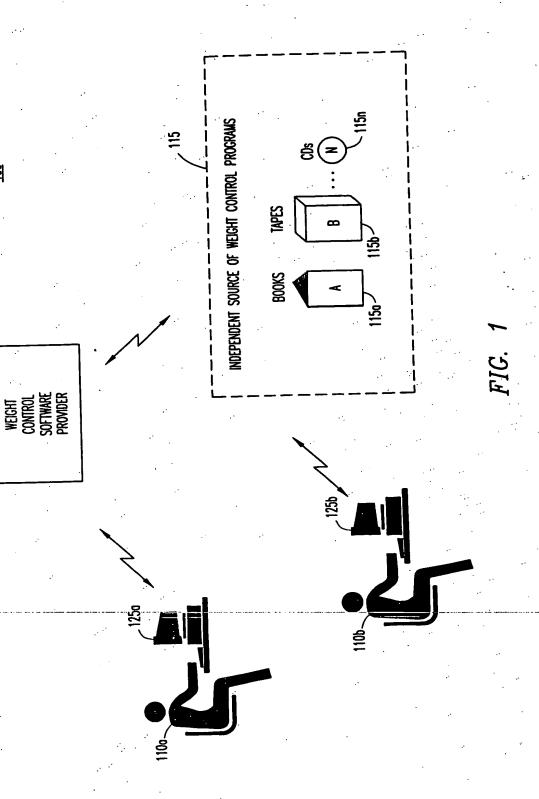
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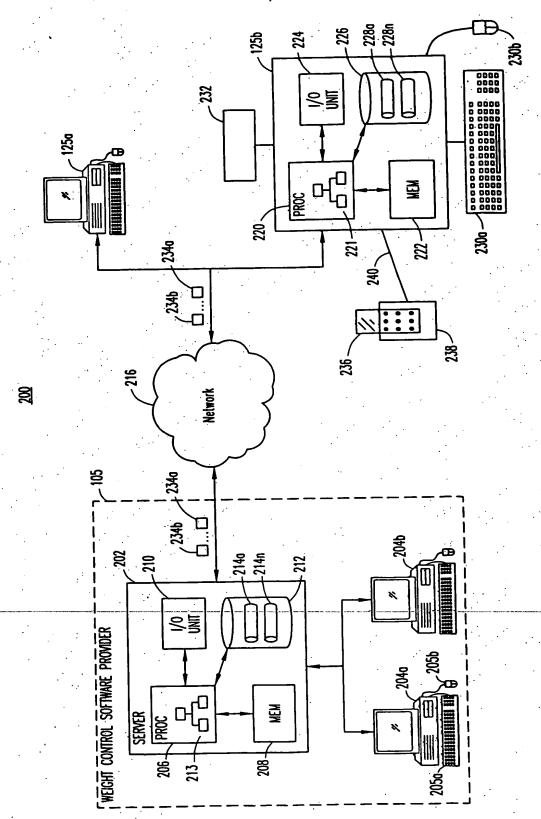


FIG. 2

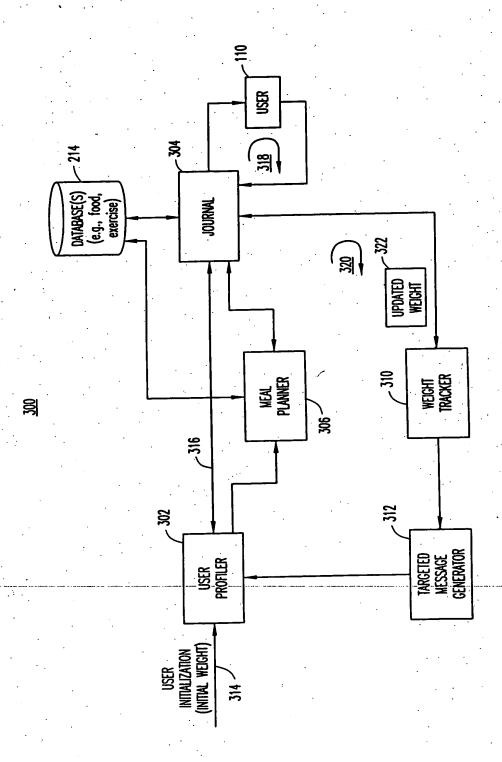
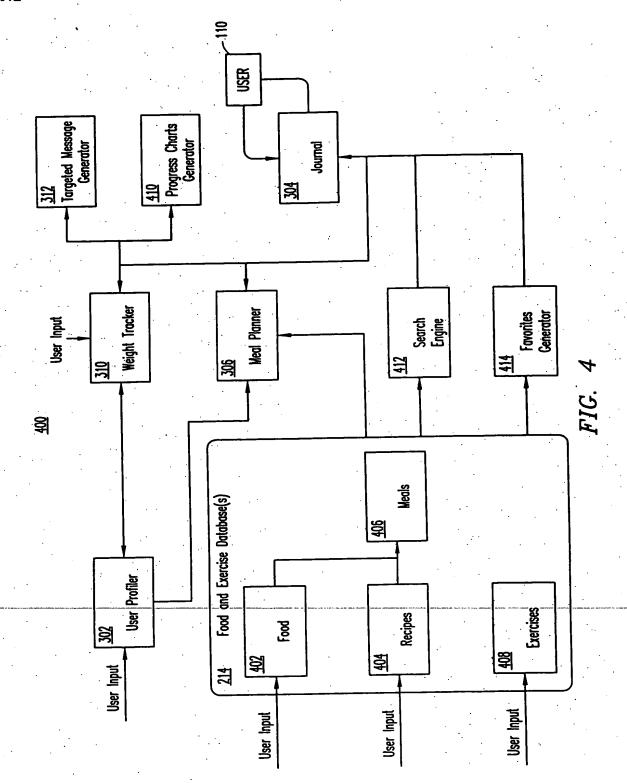
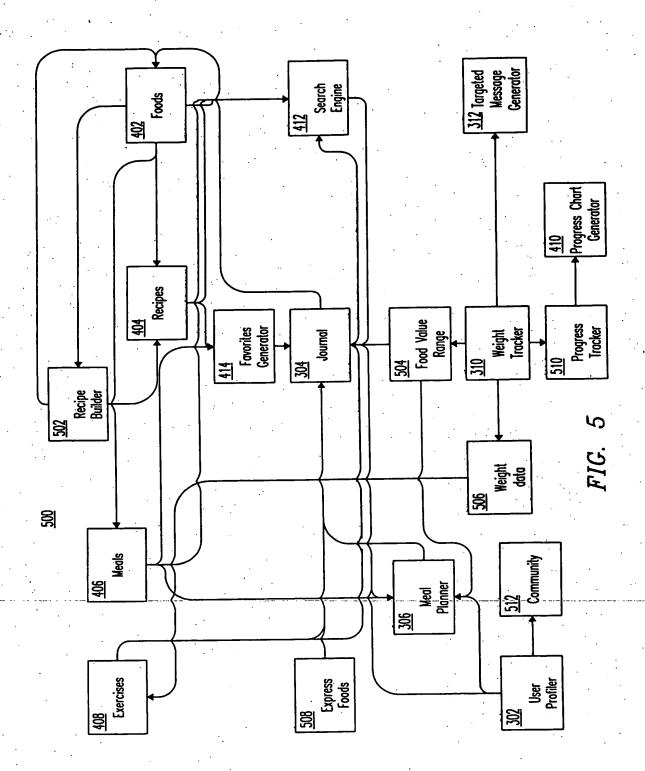


FIG. 3





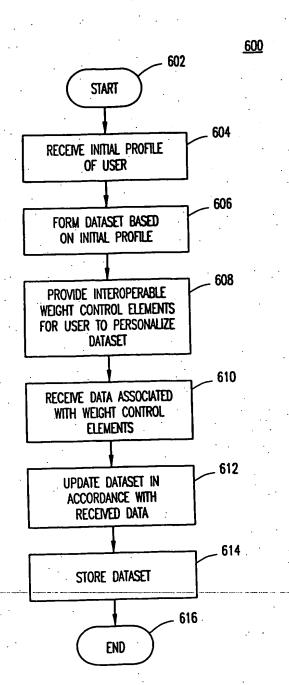


FIG. 6

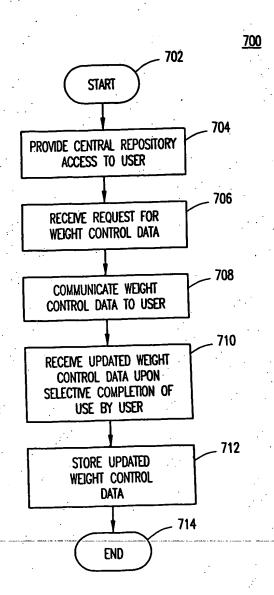


FIG. 7

Having Recipe Builder and Exchange Capability 8/28 Inventor: Kirchhoff, et al 03968-P0001E LOGIN find a meeting about us my profile site map help 806 shop just for me healthy life sucess stories food & recipes home the plan community pani Journal | Weight Tracker | Progress Charts | My Favorites | POINTS® Calculators | Assessment | Tools for Living 826 step 6 of 6 confirm your information Please confirm that all details you entered are correct. Click the "make changes" link below to make corrections **Current Weight Information** Current Weight: 223lb Height: 5'8" Gender: M Birthdate: 7/14/1966 Make changes to Weight Information Other Characteristics Personal Information Attitude: Generally Happy First name: John Athletic: Yes Last name: Smith Eye color: Blue Address: 1 WAIN St. Hair color: Brown City: Anytown State: NY Other Demographics Zip code home: 12345 Race: Caucasian Zip code work: 12346 Religion: Catholic Country: United States Ethnicity: Irish Phone: (212) 555-1234 Blood type: A+ E-mail: ismith@workplace.com Receive Information: No **Heath Restrictions** E-mail Weight Loss Progress: No None E-mail Format: text 818 Profession: Professional (e.g., doctor, lawyer) Desired Meal Plan Type Marital status: Single Regular Number of children: 0 Lifetime Member: 98765 Meeting Member number: 98765 Make changes to Personal Information 822 Payment Information Credit Card: Visa Credit cord number: ********1111 Expiration date: 2/2002 Name as it appears on the card: John Q Smith Billing Address: 1 MAIN St. City: Anytown State: NY Zip code: 12345 Make changes to Payment Information Total Subscription Charges for Monthly Fee: \$8.00 x 6=: \$48.00 Savings/Discount: \$0.00 Taxes: \$0.00 Total Charges: \$48.00

Weight Control System

FIG. 8

900a

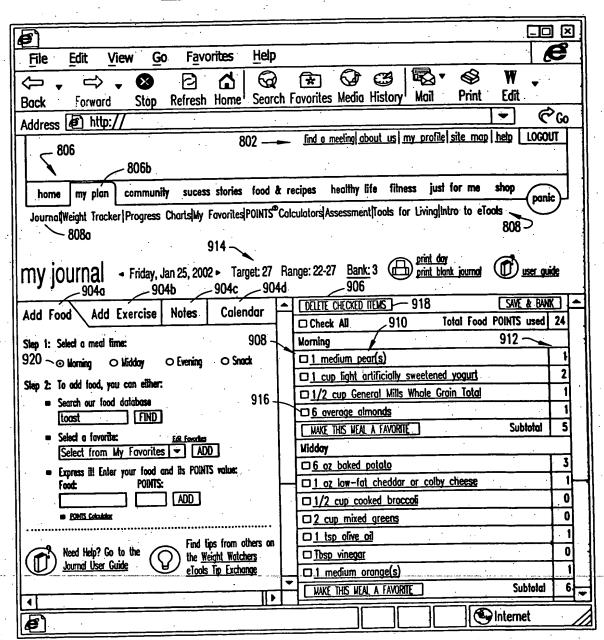


FIG. 9

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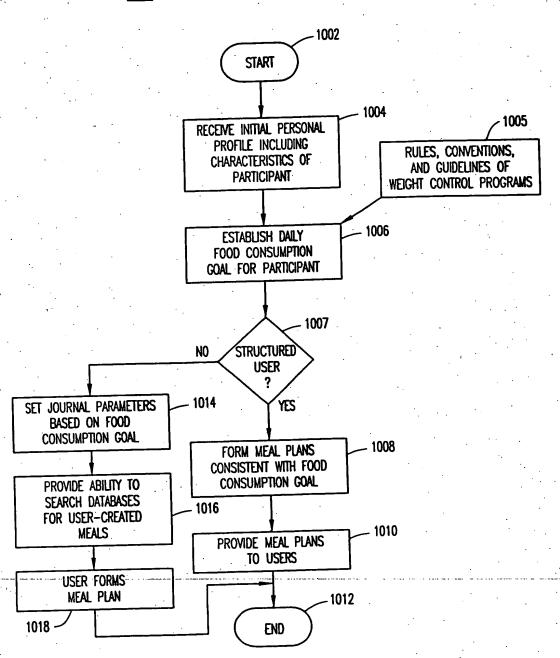


FIG. 10

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Search our exercise database or view all activities: 1104 weight lifting FIND 1106 D 1/2 cup sugar-free fruit flavored gelatin 0				
Select a favorite: CA Foodies C2 Tosp agross whipped cream	1			
Select from My Fovorites ADD	1			
Express it Enter your food and its POINTS value:	2			
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FIG. 11

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Select Holli by revolues 1 1785	MAKE THIS MEAL A FAVORITE Subtotal 9
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FIG. 13

Weight Control System Having Recipe Builder and Exchange Capability Inventor: Kirchhoff, et al 03968-P0001E

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	MIDDAY: Grilled Swordfish	6	Turkey Sandwish	, , , , , , , , , , , , , , , , , , ,
	EVENING: Indian Take-Out	8	☑ EVENING: Boked Beef Faji	la 8
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Weight Control System Having Recipe Builder and Exchange Capability Inventor: Kirchhoff, et al 03968-P0001E

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Eating Out Guide	■ 1 oz low-fat cheddar or calby cheese	. 1	•
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edit	■ 1 cup low-fat milk	2	
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Choose your options	·	1	
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Frequently Asked Questions	I slice toosted wheat bread	•	
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	Apricol Turkey Breast with Cinnamon Squas	<u>7</u>	
	■ 4 oz boneless, skinless turkey breast(s)	3	
	■ 1 Thep apried jam		
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•	■ 1 tsp ground ginger	2	
	■ 3/4 medium acom squash		
: •	■ 1/8 tsp ground cinnamon	0	
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FIG. 15A

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FIG. 15B

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to weight loss tools.		
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FIG. 16A

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my journal -Tuesday, Jan 22, 2002 - Target: 27 Range: 22-27 Bank: 0 @ print blonk journal user quide				
Your journal has been saved!				
Below is a summary of your POINTS Simply select the number of POINTS you wish to bank for the day and click "Yes"				
Today's POINTS Need Help? Go to the				
Target POINTS for today 27 Find tips from others on				
Food POINTS used 28 the elooks tip Exchange				
Activity POINTS earned (maximum 4 per day) 4 1602				
Banked POINTS 3 - 1604a 1604b				
Are you done for the day and ready to BANK your POINTS? no yes				
Yes! Click "Yes" if you're done journaling for the day and want to bank any left over food or activity POINTS. Need help with banking?				
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FIG. 16B

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Hot eTools Topic of the Week Eating Out Guide		Main Meals	45 min	•
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Fovorite Boards	Chicken Enchilodos, 7		25 min	Learn more about
MY MEETINGS	Chicken Fajitos. 6	Main Meds	23 min 22 min	subsciber benefits
75202 edit	Chicken Fingers with Barbecue Sauce, 5	Main Meds		
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□ ○	Chicken Jambalaya, 6	Main Meals	50 min	•
Don't know zip code	Chicken Mole Wrops, 7	Main Meals	31 min	
MY NEWSLETTER & MORE	Chicken Poello, 7	Main Meals	330 min	
Choose your options	Chicken Paramigiana Sandwich, 6	Sandwiches	35 min	
GET HELP	Chicken Poppers, 6	. Main Meals, Side	20 min	
Frequently Asked Questions		Dishes		
Contact Us	Chicken Pot Pie, 6	Main Meals	65 min	
•	Chicken Salad in Whole-Wheat Bread Bowl, 5	Main Meals	20 min	
,	Chicken Soute with Pine Nuts, 6	Main Meals	25 min	
	Chicken Slewed with Artichokes and Tornatoes, 5	Main Meals	50 min	•
			_	
	DIOMOG	words: chicken		
	FIND POINTS	range: 5 to 7	FIND	
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Your search returned 48 recipes

page 1 of 3

Weight Control System Having Recipe Builder and Exchange Capability Inventor: Kirchhoff, et al 03968-P0001E

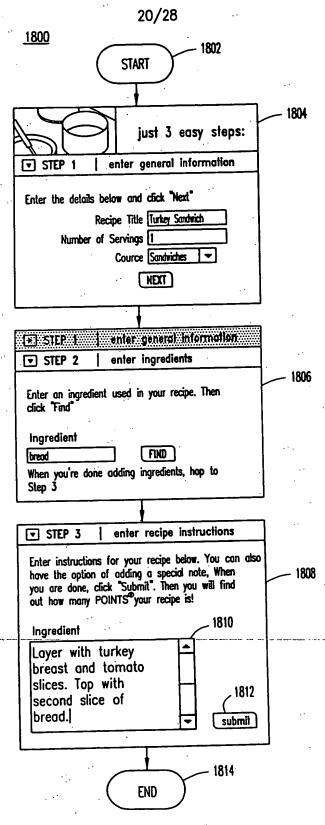


FIG. 18

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FIG. 19

find a meeting about us my profile site map help LOGOUT 2000 just for me shop sucess stories food & recipes healthy life filness home my plan community Journal Weight Tracker | Progress Charts | My Favorites | POINTS® Calculators | Assessment | Tools for Living | Intro to eTools progress charts my shortcuts LOCOUT progress charts. to weight loss tools. Refer to the progress chart to get a visual of your weight-loss progress. To view other months, select Welcome K**evin!** previous or next below. To make sure your progress chart is accurate, you can enter previous weights I'm not Kevin edit profile Pick my avatans! or edit weights you have already entered. MY TOOLS JOURNAL WEIGHT TRACKER 2002 MEAL PLANS POINTS CALCULATORS 2008 10% 220 RECIPE SEARCH 200 2004 RECIPE BUILDER 180 MY RESOURCES 떯 160 Intro to eTooks 140 敓 Tools for Living 120 Hot eTools Topic of the Week 100 Eating Out Guide eloots lip **Exchange** WEEKS Fovorite Recipes Tip! By clicking on any of the points on the chart, you can get direct access to your journal for that week. Fovorite Boards • MY MEETINGS 75202 ed Enter a zip code below Milestones: \\ \(\frac{5}{3} \) **(b)** 2006 Don't know zip code MY NEWSLETTER & MORE Choose your options 5 POUNDS ADO'L 525 25 POUNDS **GET HELP** 5 POUNDS Frequently Asked Questions 200 POUNDS Contact Us 150 POUNDS 100 POUNDS 75 POUNDS 10% TARGET 75 POUNDS

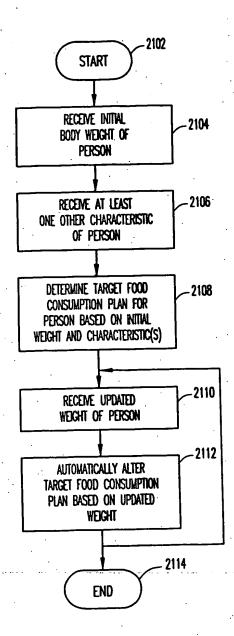


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don't Danic my shortcuts LOGOUT to weight loss looks. Welcome Kevin! .we know how hard it can be. I'm not Kevirl edit profile <u>Pick my ovotorst</u> MY TOOLS Never trade what you want at the moment JOURNAL for what you want most. WEIGHT TRACKER MEAL PLANS Everyone has moments of partic or days of stress, or POINTS CALCULATORS even weeks when they're just frantic. Thats why we've created the Panic Page. It will help point you down the RECIPE SEARCH right path when you're stressed out about your weight RECIPE BUILDER MY RESOURCES Intro to eTooks Tools for Living First of all, we're here to provide the connections you need in order to talk Hot eTools Topic of the Week to others who've been there. Get in touch and talk it over on out message Eating Out Guide eTools Tip boards and in our chat rooms. **Exchange** And read up on your rough spots, too. Here are some potential "Panic" Fovorite Recipes situations. If one sounds familiar, click on the link for some sound solutions. Favorite Boards - I want to lose weight, but I can't MY MEETINGS

- seem to get started.
- My weight—loss is at a standstill
- I've fallen off the wagon.
- I'm thinking of quitting.
- I gained this week.
- I can't do this
- 1 just ate a whole chocolate cake.
- I can's stop overeating!
- Everybody I know is losing weight except me.
- I'm stressed!
- My family and friends keep bringing me food!
- My spouse doesn't seem to want me to lose weight.
- I'm planning a vaction. How will I stay on track while away?
- My friends have asked me to go out to eat with them.

- I have zero POINTS left for the
- Somebody just said something really hurtful to me.
- None of my jeans fit me anymore
- I'm too big to fit into a bus seat.
- I'm going to have to stand in front of a crowd. People willnotice me.
- . I feel so lonely.
- -1'm-bored-with-trying-to-lose weight.
- I'm frustrated with trying to lose weight.
- 1 hate exercising.
- I've lost my motivation.
- I feel thinner and look thinner, but I'm not losing pounds.

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FIG. 24A

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FIG. 24C